

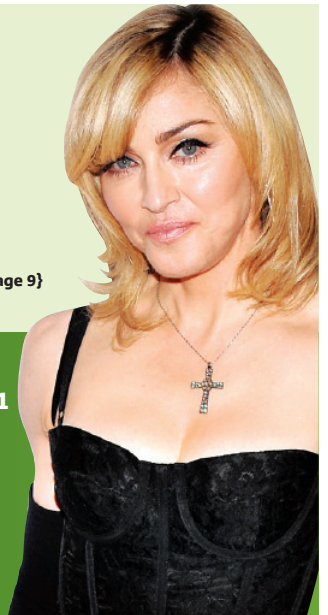


**BELLY BUTTON  
TORTELLINI SOUP**  
SOUNDS CUTE, TASTES  
EVEN BETTER {page 12}

**LOVE THY  
NEIGHBOUR**  
JESSICA NAPIER TALKS  
CO-EXISTENCE {page 7}



**MADGE  
PREPARING FOR  
FINAL TOUR?**  
GLEE MAY JOIN {page 9}



HALIFAX

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Tuesday, February 1, 2011  
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News worth  
sharing.

# HRM eyes royals

► Reports say Prince William personally overseeing Canadian program so it does not overwhelm his new wife ► Tour to be a public affair, not private honeymoon



JENNIFER  
TAPLIN  
@METRONEWS.CA

Could Halifax be the first stop on Prince William and Kate Middleton's first royal tour?

A British tabloid is reporting the future heir to the British throne and his bride will visit Canada in July, three months after their April 29 wedding.

The couple will start their two-week visit on the country's East Coast and end it in British Columbia, the Sun said, quoting unnamed sources.

Mayor Peter Kelly said he wrote a congratulatory letter to the couple in Novem-

ber after their engagement was announced.

"And also invited them to come here in the near future," Kelly said.

"We did get a response back from our letter acknowledging our congratulations and we await further information."

Kelly said Halifax is a natural choice for the couple.

"The very first royal visit to the British Empire was to Halifax and the person who did that back then happened to be Prince William."

Prince William Henry, who became King William IV, visited several times starting in 1786.



GETTY IMAGES/HANDOUT

Robert Finch, chair of the Monarchist League of Canada, said the couple will likely make stops in every region of Canada.

"Since the Queen (visited Halifax) last summer, there would typically be a push to spread it around a bit, so maybe Newfoundland, P.E.I. or New Brunswick," Finch said.

WITH FILES FROM THE CANADIAN PRESS



**Martock. Carving up the hill**

► A snowboarder heads down the hill at Ski Martock yesterday. Crews at the hill are busy getting ready for the upcoming Canada Games. Martock will host biathlon, cross-country skiing and snowboarding during the Games.

RYAN TAPLIN/METRO

Martock gearing up for the Canada Winter Games

Lifestyle

## Getting back on resolution track

► Three weeks to a new you {page 10} ► Don't despair if you've seen little progress with your weight loss so far {page 12}

## If you can't beat 'em, join 'em

Tickets for U2 in Moncton go on sale next Tuesday {page 2}



## Egypt's military vows to hold fire

Support for president may be weakening amid protests {page 4}

## Ready to rock

No longer a new kid on the block, Ian Fitzner-LeBlanc is set to defend the Nova Scotia men's curling championship {page 16}

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- 3 The codes will direct your mobile browser to relevant content at [m.metronews.ca](http://m.metronews.ca)

## On the web at metronews.ca



**While 'easy money' is gone, Allan Small says it's not too late to get into the stock market. More at [metronews.ca/investing](http://metronews.ca/investing)**

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Restive electorate and gaffes leave GOP presidential field wide open. Scan code for story.

# It's official: U2 to rock Moncton

► Moncton Mayor George LeBlanc declares yesterday 'a beautiful day' for New Brunswick city ► Arcade Fire to open for U2 for fourth time ► Tickets to be sold through Ticketmaster, with general admission costing \$65



ALEX BOUTILIER  
@METRONEWS.CA

U2 fans in Halifax mark next Tuesday on your calendar.

That's when tickets go on sale for the veteran Irish rockers' concert in Moncton this summer.

The July 30 show was confirmed by Promoter Donald Tarlton at a press conference in Moncton yesterday.

Rumours of the concert began circulating last

week — widely enough that hotel rooms in the Moncton area began selling out.

Anna Zee, music director for Halifax's Q104, said the size of the show should not be underestimated.

"(U2 will be) the biggest (show) that the Maritimes have ever seen. The biggest that Atlantic Canada has ever seen," she said. "This is at the top."

Zee said the stage U2 is using on their 360-Degree Tour is one that will "blow you away."

"You think the (Rolling) Stones were pretty big when they came (to Halifax) a few years ago, with the set that they had, with their stage," she said.

"U2's (stage on) the 360 tour, it's amazing."

Moncton will be U2's last stop on the North American leg of their world tour. They also have dates booked for Winnipeg, Edmonton, Montreal and Toronto.

New Brunswick Premier David Alward said the news is proof Moncton is

## Tickets

- Ticket prices for U2's Moncton show will run from \$31.24 to \$277.74

starting to have a bigger pull as a venue for large concerts.

"It's clear Moncton is and is becoming a greater influence on the entertainment scene in Atlantic Canada. They're the heart and centre of it and we look to see that continue to build," he said.

## Motorists, pedestrians asked to be vigilant

Soon crowds will flood through downtown streets for the Canada Games and police are reminding motorists and pedestrians to be careful.

"We've had a number of incidents and, unfortunately, one being a fatal incident, where pedestrians have been struck so it provided an opportunity for us to send out a reminder with the upcoming Canada Games," said Const. Brian Palmer with Halifax Regional Police.

A 63-year-old woman was killed last week in an incident on Coburg Road near Edward Street.

Police are urging pedestrians to make eye contact with drivers and don't dart into traffic between parked cars. Drivers are reminded not to pass stopped cars at a crosswalk, and make sure their windshields are clean.

● METRO

## Dumping of snow on the way

A dump of snow is heading our way for Groundhog Day.

Bob Robichaud, a local meteorologist with Environment Canada, said a low-pressure system is coming from the United States Midwest, with the most snow hitting Halifax tomorrow.

"We're expecting snow and strong winds to develop in the afternoon hours on Wednesday. It's too early to talk about amounts," he said yesterday.

The snow will continue through the night before tapering off early Thursday morning.

It might be comforting to know other Canadians will be digging out, too.

Senior climatologist Dave Phillips said southern Ontario will be buried in up to 30 centimetres of snow.

Phillips said the storm will affect roughly 100 million people in five provinces and 29 states.

● JENNIFER TAPLIN/WITH FILES FROM THE CANADIAN PRESS

## More snow

- Snow from a separate system could bring five to 10 centimetres tonight.

# No troubles for Canada Games

**11** As far as the weather goes, Games CEO Chris Morrissey said they picked Feb. 11 to 27 for a reason. He said those weeks historically show ideal weather they need for winter sports.

Weather and budget troubles plagued the Vancouver Olympics, but there are no such worries for the Halifax 2011 Canada Games.

Chris Morrissey, CEO of the Games, said everything is on budget and on schedule with a week and

a half before the opening ceremonies.

"Where we're very different from the Olympics is the scope and scale: It's a \$2-billion venture so that's very high risk," Morrissey said yesterday. "With Canada Games it's lower risk and it's still

very much a large event."

The Games have a budget of \$46 million, about 75 per cent of which is government funding.

He said they will reach their goal of \$8.2 million in private sponsorship this week. ● JENNIFER TAPLIN



**Blood. Donor**

► Nurse Georgina Millett takes blood from Mikel Karschti at the new Halifax Blood Donor Clinic at the Bayers Road Centre yesterday. The clinic opened its doors yesterday and will celebrate a grand opening in April.

RYAN TAPLIN/METRO

## New clinic taps a life-giving vein

# MacIntosh found guilty on sex charges

- Trial was MacIntosh's second for alleged sex crimes
- Names of complainants protected by publication ban

A former Nova Scotia businessman has been found guilty of four of 10 sex-related charges involving boys that date back to the 1970s.

Ernest Fenwick MacIntosh, who was extradited from India to face the charges, was convicted of two counts each of gross indecency and indecent assault involving two of three complainants in the case.

Chief Justice Joseph Kennedy found the 67-year-old MacIntosh not guilty on the other six charges in delivering his verdict yesterday in Nova



► Ernest MacIntosh

Scotia Supreme Court in Port Hawkesbury.

MacIntosh is free on bail and is scheduled to be sentenced on Feb. 11.

In an earlier trial, MacIntosh was found guilty of 13 counts of indecent assault and gross indecency involving two complainants. He was sentenced to four years in prison but was given more than two years' credit for time already served. He is appealing those convictions.

During this latest trial, MacIntosh testified he had consensual sex with two of the men he was accused of abusing when they were teens. The men said the sexual contact was not consensual.

THE CANADIAN PRESS

## Using the extinct to get teens to butt out

The province is hoping dinosaurs will finally convince teenagers smoking is way not cool.

The Department of Health is placing nine-foot dinosaur statues at various venues in HRM, including several local high schools and the city's downtown library.

The statues, covered in ashtrays, are meant to convey that smoking is going to way of the dinosaurs.

"This is the age group where (people) take smoking up," said Health Minister Maureen MacDonald by phone yesterday. "So (the campaign) is to prevent smoking and all of the ills to come from smoking."

The campaign's website, 15andfalling.ca, notes that teens surveyed by the Health Department estimated 42 per cent of their peer group smoke. In reality, only 14 per cent of teens are smokers.

JENNIFER TAPLIN/METRO



► The dinosaur statue outside the Halifax public library.

MacDonald said her department wants to get that number down by another five per cent.

The website allows teens to link to YouTube videos of other passé things — Richard Simmons' workout videos, the introduction to the 1990's sitcom Full House, and a 1988 Body Break episode featuring Hal Johnson and

**Smoke clearing**

Smoking rates for teens aged 15 to 19 in Nova Scotia, according to the Department of Health:

- 2008  
14 per cent
- 2004  
20 per cent
- 1999  
30 per cent

Joanne MacLeod.

"As teen smoking's popularity continues to drop, so too does the popularity of other things," reads the website. "This is where we celebrate their suckitude."

It is believed to be the first time the term "suckitude" has appeared in a government campaign.

● ALEX BOUTILIER

## Hazardous waste costs company

A Halifax-based company has been fined \$10,000 for violating the Canadian Environmental Protection Act.

N.W. Cole Associate Appraisers Limited pleaded guilty to violating the Export and Import of Hazardous Waste and Hazardous Recyclable Material Regulations during a court appearance last Thursday.

The investigation was launched in July of 2009 when a sea container at Halifax's Halterm Terminal bound for Hong Kong was found to contain old computer and electronic parts.

● METRO

## Noontime acts named for Games

The 2011 Canada Winter Games has announced the lineup for noontime performances for Celebration Square at Grand Parade.

The weekday performances will showcase 15 local acts and include about 275 youth representing a range of fields in arts and entertainment over the Games' two weeks.

Performances include highland dancing, African drumming and circus performances.

Cory Tetford and Paul Lamb along with Maritime Center for African Dance will kick off the the free shows on Feb. 14.

● METRO

## Two men arrested in pot bust

Colchester County police have seized about 10 pounds of marijuana during a drug bust over the weekend.

Police said yesterday they received a tip that a large quantity marijuana was going to be coming into the Bible Hill area by vehicle on Saturday. Colchester RCMP and Truro police officers conducted surveillance on a residence near Vimy Road.

A vehicle was stopped by Brooklyn Drive where two men were arrested. Police say subsequent searches resulted in the marijuana being located.

TRURO DAILY NEWS

# HALIFAX INTERNATIONAL BOAT SHOW

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# Dog 'massacre' investigated

The RCMP and the B.C. SPCA are investigating the slaughter of about 100 sled dogs in Whistler, B.C., an incident the SPCA called "an absolute massacre."

The SPCA's Marcie Moriarty said the description of the April 2010 incident is an "absolutely Criminal Code offence."

Staff. Sgt. Steve LeClair, of Whistler RCMP confirmed his detachment has opened a file, but the primary investigator on the case will be the SPCA.

Documents obtained by CKNW radio reveal about 100 healthy sled dogs were killed in a mass slaughter in Whistler last April 21 and

23. According to the WorkSafe B.C. documents obtained by the station, an employee of Outdoor Adventures Whistler has been compensated for post-traumatic stress disorder after being ordered to shoot the animals.

The documents reveal

bookings for dog sled tours collapsed after the Olympics and when the company could not find homes for its animals, it ordered the cull.

"It was an absolute massacre. Some of the descriptions were, yeah, just horrifying," said Moriarty.

THE CANADIAN PRESS

# Egypt's military vows to hold fire

► For days, army tanks and troops have kept protests confined but done nothing to stop people from joining

Egypt's military pledged not to fire on protesters in a sign that army support for President Hosni Mubarak may be unraveling on the eve of a major escalation — a push for one million people to take to the streets today to demand the authoritarian leader's ouster.

More than 10,000 people beat drums, played music and chanted slogans in Tahrir Square, which has become ground zero of a week of protests demanding an end to Mubarak's three decades in power.

With the organizers calling for a "march of a million people," the vibe in the sprawling plaza was of an intensifying feeling that the uprising was nearing a decisive point.

"He only needs a push!" was one of the most frequent chants, and a leaflet circulated by some protesters said it was time for the military to choose between

## Political reform

► Another concession came late yesterday, when Vice-President Omar Suleiman went on state TV to announce the offer of a dialogue with "political forces" for constitutional and legislative reforms.

► Opposition forces have long demanded the lifting of restrictions on who is eligible to run for president, as well as measures to ensure elections are fair.

Mubarak and the people.

The latest gesture by Mubarak aimed at defusing the crisis fell flat. His top ally, the United States, rejected his announcement of a new government yesterday that dropped his highly unpopular interior minister, who heads police forces and has been widely denounced by the protesters.

THE ASSOCIATED PRESS



► Canadian tourists wait for a flight out of Cairo's international airport yesterday.



► A young protester skateboards amongst the crowd at the demonstration in Tahrir Square in downtown Cairo yesterday.



► Egyptian film star Omar Sharif looks over Cairo as an Egyptian army helicopter flies overhead to monitor protesters, not seen, gathered in Tahrir Square in Cairo.

# Canada evacuates those stuck in Egypt

About 600 Canadians were to be evacuated from Egypt yesterday amid ongoing political turmoil in the country.

Foreign Affairs Minister Lawrence Cannon said two planes chartered by the government will be picking up Canadians eager to escape the unrest. The planes are to take the evacuees to Germany.

Cannon dismissed reports that many Canadians in Egypt are not getting information about

the flights, although he acknowledged there were some "technical difficulties" due to the volatile situation.

He said embassy officials and an operations centre in Ottawa are contacting people to give them information.

Relatives in Canada can contact the centre toll-free by dialling 1-800-606-5499, or by sending an email to sos@international.gc.ca.

THE CANADIAN PRESS

## News in brief

### Protesters resenting U.S.

COWARD. One of the insults flung at President Hosni Mubarak by Egyptian protesters seeking his ouster: "Mubarak, you coward! You American collaborator!" Hostility toward the United States is widespread among the crowds in Cairo's streets, who feel Wash-

ington's alliance with Egypt has helped Mubarak's authoritarian regime keep its grip on power for nearly 30 years.

THE ASSOCIATED PRESS

### Confusion at Cairo airport

CHAOS. Cairo's international airport was a scene of chaos and confusion yesterday as thousands of foreigners sought to flee the unrest in Egypt and countries around the world scrambled to send in planes to fly their citizens out.

THE ASSOCIATED PRESS

## 60 seconds



► In this photo taken on Jan. 26, Macau casino tycoon Stanley Ho, accompanied by his third wife Chan Un-chan, right, speaks during a television interview at Chan's home in Hong Kong.

## FAMILY FEUD CASINO KING'S LAWSUIT GOING AHEAD?

Lawyers for Stanley Ho released three videos yesterday that they say show he wants to continue with a lawsuit against family members accused of seizing the tycoon's \$1.6-billion stake in his Macau casino empire.

It's yet another twist in a family feud that erupted last week over who will control Ho's interests in the world's biggest gambling market.

Ho, who was hospitalized for seven months after reportedly undergoing brain surgery in August 2009, has 16 surviving children by four women he calls his "wives." The unfolding drama highlights a power struggle among different branches of the family for control of his lucrative gambling business.

The video clips show the 89-year-old billionaire answering questions from his lawyer, Gordon

Oldham, about the dispute, which became public when casino operator Sociedade de Jogos de Macau, or SJM, said nearly all of Ho's shares were being transferred to the families of his second and third wives.

In one video dated Jan. 25, Ho tells Oldham that he was forced to sign some documents for the transfer and calls it "something like robbery." "We still go ahead," Ho says when Oldham asks him what to do if the two families don't reply to requests to return the stake.

Ho is currently hospitalized for what Oldham said was a procedure involving a tube in his throat that allows him to breathe.

Ho tells Oldham in the clip he wants to divide his estate equally among the four families.

THE ASSOCIATED PRESS

## Tories won't push for election

The Harper government is keeping to its nose-to-the-grindstone line, insisting it will be the opposition's fault if there's a spring election.

"We're not going to provoke an election, folks," spokesman Dimitri Soudas said yesterday.

"There's no intention on the part of the government to make of something a confidence vote that hasn't traditionally

"The prime minister has been clear that we are interested in hearing the ideas of the opposition leaders."

DIMITRI SOUDAS, TORY SPOKESMAN

been one. The objective here is to make Parliament work."

THE CANADIAN PRESS

## 30 minutes can make a difference

World Cancer Day is Friday, and the Canadian Partnership Against Cancer wants 30 minutes of your time to support

research.

Canadians between the ages of 35 and 69 are asked to participate in a study designed to help us better understand cancer and other chronic diseases — and you can make an impact by signing up at partnershipfortomorrow.ca. ● METRO



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## Fallen climber deceives rescuers

A climber who plunged 300 metres from one of Britain's highest mountains — and walked away — is promising to climb Mount Everest later this year.

Adam Potter of Glasgow went home yesterday, just days after he slipped on an icy patch

off the summit of the 1,093-metre Sgurr Choinich Mor in Scotland.

The 35-year-old tumbled down the steep slopes Saturday, flying off cliffs. Rescuers found tattered bits of his clothing and equipment on outcrops stretching from the top to the bottom of the mountain.

Rescuers found Potter standing up reading a map when they arrived.

Convinced he was not the victim, they flew to the summit where Potter's friends were waiting. **THE ASSOCIATED PRESS**

## American called to Iran for trial

Iran has summoned an American woman to return to the country and stand trial on Feb. 6 along with two other Americans still in custody and accused of spying after crossing the border from Iraq, a judiciary spokesman said yesterday.

Their families say the Americans were just intrepid travellers out on a hike in northern Iraq's scenic — and relatively peaceful — Kurdish region when they were arrested on July 31, 2009. The only woman

among them, Sarah Shourd, was released on bail in September and returned to the United States.

Her fiancé, Shane Bauer, and their friend Josh Fattal remain in prison in Iran.

The U.S. government has denied the charges against them and demanded their release. Their lengthy detention has added to tensions between the two nations over issues like Iran's disputed nuclear program.

**THE ASSOCIATED PRESS**

# Why all the hype about corporate tax?

► StatsCan says they are such a small factor in business, it's hard to measure



► Finance Minister Jim Flaherty, left, speaks to the media as Minister of State Julian Fantino, right, listens during a press conference in Vaughan, Ont., yesterday regarding Canada's economic growth.

Statistics Canada's top economic analyst says corporate tax cuts are such a small factor in how business shapes the Canadian economy that the agency can't reliably measure their impact.

Philip Cross's comments speak to the debate raging between the Conservatives and the Liberals: Are corporate tax cuts an elixir for investment, growth and jobs, as the Conservatives claim?

Or are they a drain on the fiscal purse at a time when there are better ways to create jobs, as the Liberals argue?

"A couple of billion dollars (of savings from tax cuts) is a drop in the bucket of corporate income here," Cross said in an interview. "It's trivial."

Canada's natural resources, the price of oil, currency fluctuations and the state of the country's financial markets have been far more influential on corporate investment

### Trivial pursuit

Conservative ministers claim that cancelling corporate tax cuts would be "dangerous" for the economy — and warn an election could be the result of a standoff.

► The Liberals argue the cuts are reckless at a time when the Canadian government needs the extra revenue to wrestle down the deficit.

► The Liberals' position, to reverse the planned reductions, is just "dumb," Flaherty has said.

decisions than recent tax cuts, he says.

"These huge forces were going on — globalization of supply chains, commodity price booms and so on. And somewhere in there you're going to be able to separate out the impact of small changes in the tax rate? You're kidding," Cross said. **THE CANADIAN PRESS**

## Fackbook's new use — discounts

Facebook has launched a new feature in Canada that allows mobile users to claim discounts through smartphones by logging in through an app or Facebook and showing the cashier the coupon.

**THE CANADIAN PRESS**

## Metro launches in Guatemala

Metro launched a new edition in Guatemala City, Guatemala — Publinews. The new edition, which marks the 20th country in the Metro network and fifth in Latin America, will be the first free newspaper in Guatemala. **● METRO**

## Canadian economy bulged in November

The Canadian economy expanded at the fastest pace in eight months in November, recording a better-than-expected 0.4 per cent gain.

The increase was one tick higher than economists had expected and suggests the recovery is back on the slow track after a disappointing one per cent growth in the third quarter.

### Market moment

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#### TSX



+ 114.41  
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Statistics Canada said November's gain was based on a strong month for oil-and-gas extraction, as well as wholesale and retail trade, real estate and the finance and insurance sector.

There were familiar soft spots. The manufacturing sector, which is coping with a strong loonie and weak world markets, fell 0.8 per cent. **THE CANADIAN PRESS**

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# LOVE THY NEIGHBOUR ... IF THEY'RE QUIET

She says ...

JESSICA  
NAPIER



I love living in the city. Unfortunately, so does everyone else.

With so many people desperate to live in the downtown, and only so much square footage to go around, the default option for most 20-something renters — who are at the midpoint between a grimy student house and a starter home they can't afford — is an apartment.

While units will vary in size and quality, most high-rise residences are essentially the same: Shrunk appliances; paper-thin walls; and hundreds of inhabitants that will inevitably irritate one another to the point of relocation.

Living in such close proximity

to one another makes it very easy to find cause for complaint. Loud animals, crying children, smokers, bedbug carriers, couples who have screaming matches into the wee hours of the night or, even worse, couples who enjoy loud bedroom gymnastics in the early hours of the morning.

In a building full of strange strangers, neighbourly love is almost non-existent. No one makes eye contact in the elevator and no one has ever knocked on my door for a cup of sugar. And do you know what, I have plenty of sugar people! The only thing my neighbours take from me is Wi-Fi access and my Saturday

morning newspaper.

Yes, that's right, every weekend a man down the hall steals my newspaper. I have no way to prove it's him but I know it to be true. He is the Newman to my Jerry.

**"In a building full of strange strangers, neighbourly love is almost non-existent."**

In addition to the newspaper bandit there's a high-heeled party girl upstairs who runs laps around her living room, a drill-wielding handyman across

the hall, and a tone deaf boy-next-door who plays bass guitar until 2 a.m.

Every address has a similar cast of charming characters who make communal living interesting — and not in a good way.

Of course, not all neighbours

are rude. Maybe yours are great and you have dinner parties and play charades and lend each other baking supplies all of the time. But more often than not, the neighbours you remember are the inconsiderate individuals who steal your parking spot and toss cigarette butts on your balcony.

In the end, it doesn't really matter whether you love or loathe thy neighbour, because there's not a whole lot you can do about it. You don't have to share a love of late-night movie marathons but you do have to share a postal code. So, in the name of harmonious living, turn the volume down.

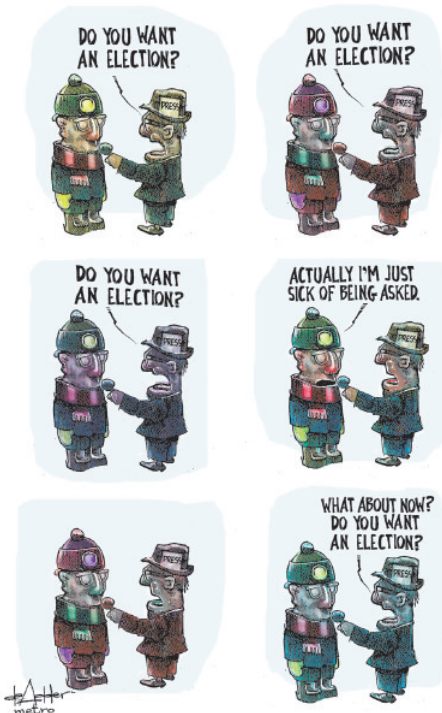


Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)

## Cartoon

MICHAEL DE ADDER

# lol with Twitter feeds



## Letters & Tweets

We asked: What is the funniest Twitter feed you follow?

@mellafabulous: check @sween. Funny AND local. Very popular. Or something.

@meethalifax: @HalifaxNoonGun. Simple. As advertised. You could set your watch by it. And less scary than the real thing.

@arams11: funniest tweets are from @charliemcdowell who tweets about the 2 girls that live above him. Hilarious!

@stickchick2010: Gotta be tweets from @biznasty2point0 (Paul Bissonnette — NHL player — Phoenix Coyotes) They truly make me LOL!

## Funny followers



@brownwynmaye: I think these ones take the cake: @Lord\_Voldemort7, @ceoSteveJobs, @Queen\_UK @alqaeda, @TFLN. @anderson7: follow @thesulk. the most consistent funnyman on twitter. he always seems to tweet when you need a laugh to survive the day. @brightwhite: Not sure if

you can print it, but my god @fireland is hilarious. @quadsom1: @smartphoned. Hilarious autocorrects! @j)me33: follow comedian @walkinsauce for her honesty and @tfln because nothing good comes in a text after 12 a.m. @leonardotovar: The funniest is @theonion, hands down!

Who is today's most overrated band or singer?

Email [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca) Twitter [@metrohalifax](https://twitter.com/metrohalifax)

Metro has the right to edit letters and submissions.

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## Metro Minute with MacHomer

Shakespeare meets The Simpsons in the newest play opening this week at Neptune's Studio Theatre. Titled MacHomer, this one-man vocal spectacular is put on by the performer and creator of Bigger Than Jesus, Rick Miller. The show features impressions of more than 50 voices from TV's most popular cartoon family The Simpsons in a

performance of Shakespeare's Macbeth. The show has been performed worldwide and is described as one that will leave you exhausted with laughter. The show previews tomorrow night, and officially opens Thursday at 8 p.m. It runs through Feb. 13, with tickets available at [neptunetheatre.com](http://neptunetheatre.com).  
● METRO



► Neptune's Studio Theatre presents MacHomer, which runs through Feb. 13.



2  
sceneCult film  
favourites

► Ever wonder about the background stories behind some of your favourite cult classics? ► We asked InnerSPACE host Teddy Wilson to give us the scoop on 10 films that stand the test of time

## InnerSPACE

Catch InnerSPACE every Monday through Thursday at 11 p.m. ET on SPACE.



## Hobbit on hold



Lord of the Rings director Sir Peter Jackson is in stable condition in the intensive care unit of Wellington Hospital in New Zealand after surgery for a perforated ulcer.

Publicist Melissa Booth said yesterday that Jackson was "doing well" but would be in the hospital for at least a few more days. She said doctors expect Jackson to make a full recovery.

Jackson was admitted to Wellington Hospital last Wednesday after complaining of acute stomach pains.

His illness has delayed the start of filming of The Hobbit, the two-part prequel to his Academy Award-winning Lord of the Rings trilogy.

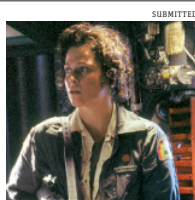
Production of The Hobbit had previously been troubled by financial issues and the departure of its initial director Guillermo del Toro.

THE ASSOCIATED PRESS



## Back to the Future

Responsible for introducing "gigawatts" into the teenage lexicon, making DeLoreans cool and explaining the genesis of Chuck Berry's guitar sound, Back To The Future is easily the most fun time-travel film ever made. Interestingly, Eric Stoltz was originally cast as Marty McFly and actually shot several scenes before director Robert Zemeckis replaced him with Michael J. Fox.



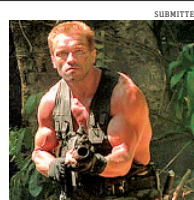
## Alien and Aliens

Though the sequel continues the story of Sigourney Weaver's alien-killing heroine Ripley, these films are stylistically very different. The first is a suspense-horror set in space, while James Cameron's sequel is an all-out action gore-fest. But they're both really, really good. In space, no one can hear you scream (but in the movie theatre they certainly can).



## The Lord of the Rings Trilogy

With Peter Jackson at the helm, J.R.R. Tolkien's literary odyssey became an engrossing cinematic treat. And as the trilogy's record 17 Oscars and \$3 billion in box-office sales proved, it is indeed possible to satisfy fans of the book(s), the general masses and the critics.



## Predator

Holding the weird distinction of starring two future U.S. governors (Arnold Schwarzenegger and Jesse Ventura) and one gubernatorial hopeful (Sonny Landham), the film's titular alien antagonist proved far more menacing than any political attack ad or scandal. With visual effects by the late (and very great) Stan Winston, Predator remains a sci-fi horror classic.



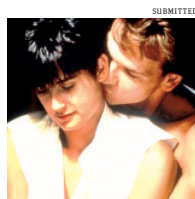
## The Goonies

"Goonies never say die!" This Steven Spielberg-produced hit not only led to record sales of Baby Ruth chocolate bars but, more importantly, struck a balance between adventurous fun and moments of heartfelt poignancy. Characters like Mikey, Data, Mouth, Chunk and, of course, Sloth are indelibly etched in the minds of anyone who came-of-age in the '80s.



## Big Trouble in Little China

A strange and wonderful movie starring Kurt Russell. Although considered a box-office flop upon its 1986 release, Big Trouble went on — deservedly — to become a cult hit on home video and DVD. Legendary sci-fi author Harland Ellison perhaps described it best as "a live action cartoon." This is a rare opportunity to see it on the big screen in all its odd glory.



## Ghost

Ghost manages to retain its unabashedly romantic core — it is, after all, about the power of love to cross celestial boundaries — without venturing into overtly maudlin sentimentality. That's a tough task, and this is one of the few films to pull it off really well. And who would've thought that making pottery to Unchained Melody could be so damn sexy?!



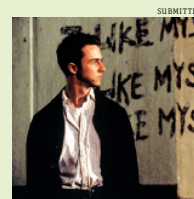
## The Usual Suspects

Who is Keyser Söze? If you've never seen this film and don't yet know the answer to that question, I envy you — you're in for one hell of a ride. Brilliantly written and directed, with a great ensemble cast and a twist-ending that is devastatingly awesome (and that's putting it mildly).



## 12 Monkeys

What a bizarre experience it would be to look inside the mind of filmmaking auteur Terry Gilliam. Each of his movies gives us a little glimpse and 12 Monkeys is my favourite peek yet. A dystopian time-travel mind-bender featuring Brad Pitt at his unhinged best, it's actually based on an obscure French short film from 1962 called La Jetée.



## Fight Club

With heaps of praise for The Social Network, director David Fincher is having a very good year. Fight Club stands out as an early gem in his filmography, mixing stellar performances by Brad Pitt, Edward Norton and Helena Bonham Carter with a darkly surreal script based on Chuck Palahniuk's novel. The final scene set to The Pixies' Where Is My Mind is amazing.



Producer of 9/11 conspiracy film  
Loose Change arrested on drug  
charge in upstate New York



# Madonna preparing for her final tour?



▶ Madonna

## Some big-name guests could be making appearances

Madonna is planning another tour, and it may be her last, according to News of the World, so she's looking into pulling in some special guests.

The singer is reportedly looking into having Glee stars Lea Michele and Cory Monteith appear in some manner on tour with her.

"Madonna wants to break records and make her career bigger than ever," a source says.

"And because the Glee episode featuring her music was such a hit, there are plans for the cast to appear. She is in amazing shape for her age, but this could be her last big world tour she does for a while as she wants to concentrate on business ventures."

● METRO



## Talking points

### No beef on the block for New Kids' Knight

**COMING OUT.** New Kids on the Block member Jonathan Knight isn't mad at fellow '80s teen star Tiffany for outing him as gay recently — since he wasn't in the closet, he insists.

"I have never been outed by anyone but myself. I did so almost 20 years ago," Knight posted on his group's official fan site.

"I have lived my life very openly and have never hidden the fact that I am gay. Apparently the prerequisite to being a gay public figure is to appear on the cover of a magazine with the caption, 'I am gay.' I apologize for not doing so if this is what was expected."

● METRO

## Celebrity tweets



**Neil Patrick Harris**  
[@Actual-lyNPH]

The tots both started laughing. On the same day. I'm now obsessed with getting them to do it. Babies laughing is like opium.



**Sarah Silverman**  
[@SarahKSilverman]

Wish I was more unique but alas I'm deeply consoled by a scoop of vanilla



**Ben Stiller**

[@RedHourBen] Heading to work 4:30pm



**Joel McHale**  
[@joelmchale]

Believe me I'm more shocked than you. To know that I'm related to Oprah & find out I'm a woman. It's almost too much. ● METRO

## Public needs to stop rewarding Charlie for behaviour: Friend



▶ Charlie Sheen

While he checked himself into rehab over the weekend, how seriously Charlie Sheen takes getting treatment will reportedly depend on how well his hit sitcom Two and a Half Men does, according to

Popeater.

"If the ratings go through the roof again, as they did after Charlie's incident in New York, CBS and Charlie will be out again in no time and back to his old ways," a friend of

the actor says.

"However, if the public finally stops rewarding Charlie for his bad behaviour, then, and only then, can you expect him to take the situation seriously."

● METRO



Jonathan Knight of  
New Kids on the Block

## STINKY SHOES?

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learn more at  
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## FORGETTING SOMETHING?

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### HOW DO YOU GET YOUR BOUNCE?

learn more at  
facebook.com/bounce

\*Depends on frequency of use and dryer settings.



# 3 life

## Superfood: Oats



The Dukan diet plan recommends three spoonfuls of porridge oats a day (with water or skimmed milk). They're a great source of protein (obviously) as well as zinc, calcium, magnesium and iron. Their high soluble fibre content is important during phase 1 of the diet where some can experience digestive side effects from all the protein.

ROMINA MCGUINNESS



Health Canada issues voluntary recall of weight loss, body-building product

# 3 weeks to a new you

► These small ideas have a big cumulative effect ► Each is doable during your lunch break  
► Start by learning, and crossing off some cultural to-dos and then branch out

METRO WORLD NEWS

## WEEK 1: EDUCATE YOURSELF

### LEARN MORE

Next time someone mentions something you wish you knew more about (The Bible, Che Guevara, how to make homemade cocaine), take note. Then today, go to Wikipedia and read the entry for it. If you're still interested, check the bibliography and buy one of the books listed to learn more.



### SPELLING

There's a word you misspell all the time (there's definitely no "a" in "definitely," for example). Develop a trick to help you remember it correctly once and for all.

## Google translate

From: Croatian To: English To: Croatian To: English To: Croatian To: English

### TRANSLATE

Using Google Translator, learn how to say one useful phrase in four languages you don't know, from countries you've always wanted to visit. To će biti korisno jedan dan u Hrvatska (this will come in handy one day in Croatia).

## WEEK 2: FEEL BETTER



### FIND GOOD PEOPLE

Find someone who always seems positive and ask them how they remain that way. Use their tricks. And remember their face when you feel yourself spiraling into negativity.



### DECISIONS

Ask three intimate friends to appraise your mental and physical state, remembering to remain mature enough to not take the responses personally. Then ask them for constructive advice to help you improve what's lacking. Do the same for them.



### ASSESS YOURSELF

Focus on a physical weakness — your weight, inflexibility, acne, whatever — and find a trusted exercise book that deals with the issue. Any book that espouses responsible exercise can only help your overall well-being.

## WEEK 3: UNPLUG

### FACEBOOK

Don't check your Facebook feed for one day, setting your account to alert you when you get private messages (those are allowed).



### CULL THE HERD

Log on to Facebook and read the previous day's updates — the ones you missed. "Hide" the friends who say things that you're not interested in. Then consider whether you need to check the feed every day.



### READ

Remember all those books, songs and movies you discovered in week one? Post something to your Facebook feed sharing info about them. Consider sharing only interesting things from now on.

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# Cut the fat, embrace the protein

► Last year, France's Dr. Pierre Dukan became the hippest diet master with his protein rich regime  
► His plan promises long-term weight loss and sustainable habits



ROMINA  
McGUINNESS  
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METRO WORLD NEWS IN LONDON

**"My diet is no fad,  
it's a way of life."**

DR. PIERRE DUKAN ON HIS FOUR  
PHASE PROGRAM.

Could this be the real reason the French aren't fat?

"My diet is no fad, it's a way of life," explains Dr. Pierre Dukan on his four phase program that vows to strip your body of excess fat.

Based on the fact that our size depends on the number of fat cells (adipocytes) stored in our bodies, the more you have the more prone to weight gain you will be.

On Dukan, you will be shrinking these cells, allowing your weight to stabilize.

Dukan sets out 100 foods for you to choose from, 72

of which are lean proteins such as fish, chicken, fat free yoghurt and tofu and the remaining 28 are vegetables including green beans, celery or courgettes (that can be eaten without restriction).

In the first two stages, fruit is forbidden along with sugar and all fats, which is where the difference with Atkins is established.

Atkins actually allowed fats — this is not the case with Dukan.

All meats are lean and any dairy product must be 100 per cent fat free.



1

## ATTACK

During this phase you will be eating nothing but protein (steak, veal, crab, salmon, non-fat dairy and eggs) for up to 10 days. At this point, eating fruit or vegetables is forbidden.

**The lowdown:** You may experience bad breath and a dry mouth so drink plenty of water. The plan allows up to three tablespoons of oats a day, for digestion. You are also allowed to drink tea, coffee (sweetener is allowed) and diet drinks.



2

## CRUISE

In this phase you will be alternating two diets. If one day you eat nothing but protein, on the next you will be able to eat unlimited amounts of vegetables (check those you choose have the Dukan seal of approval) to complement. Remain in this phase until you reach your desired weight.

**The lowdown:** At this stage, rules are the same as for the attack phase although your diet becomes more flexible and therefore easier to follow.



3

## CONSOLIDATION

"At this point, you will need to commit to radical and permanent changes in your diet if you want to keep the weight off," says Dukan.

**The highlights:** You are allowed to eat fruit (one piece a day), carbs (two slices of bread) and 40g of hard cheese a day and twice a week, you can enjoy a "gala" dinner that includes a meal of your choice (you can tuck into a cheesy risotto or pizza).



4

## STABILIZATION

You've lost those love handles, so now what? You can go back to eating what you want but (there had to be a but) introduce protein Thursday's for more or less the rest of your life.

It's all about developing a structured meal plan. "Of course, many people slip back to their old ways and I would say a good 50 per cent stop following the rules bought on by stress, heart break or commitment issues," says Dukan.

## Protein power up

### DAILY SQUEEZE

#### LARRY TRACK

A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON DAILY SQUEEZE.CA.



If I told you about a food that raises your metabolism every time you eat it, that boosts your immunity, and speeds fat loss, wouldn't you eat more of it?

You would think so, except many of my clients

(listen-up ladies!) tend to neglect this food for fear they may turn into a body-builder.

Can you guess? Why yes, it's protein. And no, I'm not referring to a high protein diet, where carbs such as bread, pasta and grains are replaced with steak, bacon and cheese.

I'm talking about pure, naturally lean sources of protein. Think all-white, hormone-free chicken breast, eggs, legumes, lean red meats such as bison or grass-fed beef, fish and certain dairy products.

For the best metabo-

lism-boosting benefits, try to include a protein source with every meal and snack.

My favourites include: 1-2 scoops of pure, whey protein added to a smoothie; a handful of almonds with plain, organic yogurt; grilled chicken breast or light tuna on a salad, plus wild salmon, tempeh and black beans.

However you choose it, powering-up with protein is a sure way to a leaner, healthier body. Happy eating.

FIND MORE HEALTHY NEWS AT  
DAILY SQUEEZE.CA

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For more information, please contact  
Ms. Lorianne Bennett at 902-457-6378



# Ring in the Year of the Rabbit with some Zen

► This restaurant's delicious Dim Sum menu offers almost 30 choices

## LUNCH RUSH

VALERIE MANSOUR  
FOOD@METRONews.CA

Zen immediately impresses — charming and welcoming staff, a unique and lovely decor and even placemats with an interesting explanation of the restaurant's design.

A pot of Green Tea quickly arrives at our table. The weekend Dim Sum menu looks great with almost 30 choices. We settle on five.

To start, we enjoy a small serving of tender and tasty Ribs in Garlic Black Bean Sauce. Next up is a large bowl of Shrimp Wrapped Won Ton Soup with Noodles.



► Shrimp Wrapped Won Ton Soup with Noodles.

The flavour is mild so we put our little bowl of hot sauce to good use.

Three hot and flaky BBQ Pork Steam Buns are delicious, as is the Shiu My — a mix of pork and shrimp with a thin wrap.

Our two Mini Sticky Rice Wraps are full of flavour with big chunks of Portobello mushroom and tender pieces of chicken.

Happily, our meal easily matches our first impression of Zen.

VALERIE MANSOUR

## Belly Button Tortellini Soup



Yields 4  
Prep time:  
5 minutes  
Cooking:  
15 minutes

► For an alternative, try adding spinach and red pepper.



EMILY RICHARDS  
FOOD@METRONews.CA

My grandmother makes this soup with home-made stock.

We used to, and still call it "belly button" soup because of the shape of the tortellini. This is a big favourite for small and big kids, alike.

### Ingredients:

- 1 lb (500 g) meat or cheese tortellini
- 8 cups (2 L) chicken or vegetable stock
- 2 tbsp (25 mL) chopped fresh Italian parsley or basil
- 1/4 cup (50 mL) grated Parmesan cheese

### Preparation:

- 1 In a pot, boil salted water. Toss in tortellini and cook for 8 minutes or until floating to the top. Drain; set aside.
- 2 Meanwhile, in a saucepan, bring stock and parsley to a boil. Stir in the tortellini, simmer 5 minutes.
- 3 Serve soup in deep soup bowls sprinkled with Parmesan.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF ON CANADIAN LIVING COOKS. FOR MORE ABOUT EMILY AND HER RECIPES, VISIT EMI-LYRICHARDSCOOKS.CA.

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# Getting back on resolution track

► Don't despair if you haven't seen the progress you wanted ► Here's how you can get back into routine



CELIA MILNE  
LIFE@METRONews.CA

Did you make a New Year's resolution? To lose weight? To exercise more? To drink less alcohol?

The fact that you declared your resolution will actually help you keep it. Don't despair if a month later you've seen little progress.

"Think of resolutions as marathons, not 100-yard

dashes. Prepare for the long haul of a changed lifestyle," says Dr. John Norcross (PhD), a professor of psychology at the University of Scranton, Ohio, and coauthor of the book *Changing for Good*.

According to Dr. Norcross' research, about half of us make resolutions.

Most resolutions are about self-improvement changes such as losing weight, starting to exercise, quitting smoking or

drinking less alcohol.

Believe it or not, studies show that 40 per cent to 46 per cent of New Year's resolvers will be successful at six months.

In fact, if you make a New Year's resolution, you are 10 times more likely to change compared to those who have the same goals and motivation to change, but didn't use the annual changeover to make a resolution.

It's OK to fall off the rails once in a while.

"Most successful resolvers slip in January," says Norcross. "Don't let one missed exercise class end the exercise program."

One research study found that 71 per cent of successful resolvers said their first slip had actually strengthened their efforts.

He suggests preparing for slumps in February by creating a "slip plan" to deal with those situations.

Slips can be associated with negative emotions and social pressures.

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# Got the post-job jitters?

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



It's official. We're anxious ... about retirement. Even those with decades left before starting to grow roses are fretting that they're not saving enough.

A recent TD Waterhouse survey shows that 67 per cent of Canadians over age 45 are worried they're not on financial track for retirement. Only 15 per cent were content with their retirement preparations.

So what's a retirement nail biter to do? First thing is to analyze your own situation. Financial planners commonly throw out 70 per cent of pre-retirement income as the amount people need after leaving the workplace.

That number is a one-size-fits-all approach. A high income earning couple might easily get by

# 4.5%

Amount of personal income saved by Canadians in 2010

2005 - 1.5 %  
1982 - 20 %

with 50 per cent or less. Similarly, someone living a frugal lifestyle outside the urban core could also be quite happy with half of what they previously earned.

Your housing situation, hobbies, cost of living and willingness to work part-time post-retirement will have a huge impact on how much you will need. And downsizing, especially in expensive cities such as Vancouver and Toronto, to smaller abodes or to cheaper communities can free up large amounts of equity to bolster retirement savings.

Empty nesters who don't want to downsize or



► 67 per cent of Canadians over 45 feel they are not prepped for retirement.

move might increase post-

retirement cash flow by renting a room to a student during the academic year. Many retirees can also improve their balance sheet by shifting to a single car and cell phone.

There is another variable that could have an enormous impact on your post-retirement income needs — how your tastes may change.

My father and mother-in-law moved from a waterfront home in Victoria to a double wide mobile home in a 55-Plus community outside Sidney, B.C. They loved it.

In short, there are many ways to look at retirement so don't be panicked by any magic number or percentage. Do these four things and you'll probably be okay:

1. Contribute as much as you can to your RRSP or other savings accounts.
2. Save monthly and make it a habit.
3. Invest the money conservatively.
4. Aim to be debt free upon retirement.

## Fun and Frugal

**LESLEY SCORGIE**  
MONEY@METRONEWS.CA



## DATING ON A DIME

Does Dating put you into overdraft? Taking on debt for dining and dining isn't frugal. There are plenty of inexpensive dating activities that won't cramp your style or your wallet.

Meet your date at a local coffee house and kick back for a few hours in a casual atmosphere (less than \$10). Or, grab coffee to-go and walk around the neighbourhood. Share stories and enjoy the chit-chat.

Get active and walk, run, bike, rollerblade, work-out or toboggan. Head to a park, go for a swim, or spice up a game of tennis with competition — the loser buys the next glass of vino (less than \$20). Take advantage of free outdoor festivals and plays.

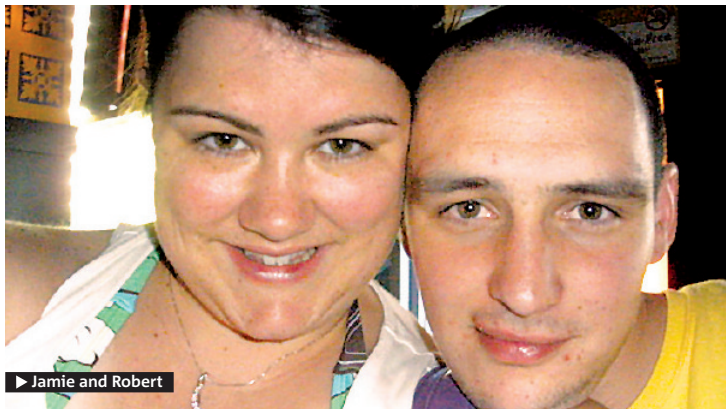
Rent old movies or see a flick in the cheap theaters

(less than \$20). Get to know each other's friends by hosting games night — charades, board games and appetizers (less than \$30). Check out art exhibit openings or book launches. Tickets are often free or priced relatively inexpensive (less than \$40).

Skip restaurants and turn a weekly grocery trip into a farmer's market adventure. Pick up fresh ingredients for a home cooked meal which you can make together. Cooking is romantic, fun, and easy — download free recipes from the Internet and follow along.

Dating on a budget often inspires creativity and allows you to showcase your true colours. Always remember; the point of a date is to spend time with someone special; not bust your budget.

# A SIMPLE HELLO CAN GO A LONG WAY



► Jamie and Robert

Names: Jamie, 25 and Robert, 26

Current city: Dartmouth, N.S.

Together since: 2002

## Their story:

It was a winter in Montreal and my brother and I (Jamie) wanted to test out a snow hill near our

home. When this guy (Robert) came by, my brother thought it was funny to toss an iceball at him.

Robert got mad and was about to beat up my brother.

I intervened and cooled things down.

We went our separate ways, but it turned out that Robert and I lived directly across the street from one another.

Every now and again I saw him waiting at the bus stop and said, "Hi." College came around

and we ended up going to the same school.

He recognized me in the hall one day as (and I quote) "that crazy girl who says hi to me all the time" and he finally said "hi" back!

We started taking the bus home together, and soon started dating.

We married in 2008, have lived in Nova Scotia for three years, and we couldn't be happier.

**WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY**

## Smug Marrieds

**ANGELA PACIENZA & DEREK CHEZZI**

2FORCOUPLES.COM  
TWITTER: @SMUGMARRIEDS



**My wife and I are looking to buy our first house.**

**She's very close with her family and insists we find a place in the same neighbourhood as her parents.**

**The prospect frightens me to my very core. How do I tell her no way?**

**Angela says ...**

Getting in between family is one of the toughest tests to a relationship.

And this is one of those cases where compromise will be the only solution.

## COMPROMISE IS KEY

If you move her too far from her family, she'll resent you and, once you have kids, rub it in your face every time you need a babysitter.

Move too close and you'll feel your identity as an independent couple squashed like that spider that set up shop at my back door last summer.

Can you agree on a home several blocks away?

So instead of a five-minute drive, you'll have a 20- or 30-minute buffer.

### HOME IMPROVEMENT

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# What's in your RRSP?

A recent survey by BMO Financial Group suggests that 70 per cent of Canadians are not familiar with the investments in their RRSPs.

"Knowing what investments you hold and reviewing the key fundamentals of investing are an excellent way to en-

sure you're on the right track with your RRSP," says Domenic Gallippi, head of term investment products at BMO Bank of Montreal.

Here are some typical investments in RRSP portfolios:

- **Guaranteed Return Products:** The stability of guaranteed investment

certificates (GICs) are well suited for investors who have a low tolerance for risk. Most financial institutions offer a full suite of GICs that pay no matter how the market performs.

- **Mutual Funds:** These are professionally managed investment portfolios that can provide exposure

to many industries, geographic regions and stock markets.

- **Individual Stocks:** Experienced investors who are confident in their expertise in analyzing and understanding the markets can invest in individual stocks by purchasing shares in companies. These

tend to be long-term investments that offer time to recoup losses incurred by volatile markets.

Gallippi recommends that you spread your money among a variety of investments for higher returns, lower risk and a stronger portfolio.

NEWS CANADA



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## It's all about the plan

► Take an integrated approach to retirement investing ► Start now

You dream about living happily ever after in retirement, but are you taking the right steps to get there? Too often, the urgency to start thinking about retirement kicks in late. This leaves many Canadians facing the hard truth that, in order to maintain their lifestyle as well as enjoy the retirement of their dreams, they should have started thinking about it a lot sooner.

Savings vehicles such as a pension or RRSP are great tools, but they are not a customized retirement plan.

"Relying solely on contributions to an RRSP account, along with dependence on government or employer pension programs, can leave you with a lower than expected income in retirement," says Patricia Lovett-Reid, senior vice-president of TD Waterhouse. "We need to plan now in order to ensure that we can live out the retirement we always imagined for ourselves."

Lovett-Reid recommends working with a

trusted financial adviser to help you clearly articulate your personal financial goals that work best with your lifestyle.

"Together," she says, "through ongoing discussions, you can lay out an action plan to reach your short-, medium- and long-term financial aspirations for you and your family."

Other considerations for creating a plan may be business succession if you're a business owner, passing on your estate, tax strategies and choosing an aggressive versus conservative investment portfolio. Retirement planning is different for everyone and involves an integrated approach to ensure you grow into the retirement you've always envisaged.

RRSP season is an ideal time to seek the help of an adviser who can work with you to ensure your savings and investment strategy are closely aligned with your financial goals. It's possible to live happily ever after in retirement, but you need to do some planning to get there.

NEWS CANADA



► You can't rely solely on an RRSP, experts say. You need a retirement plan designed specially for you.



# Wow them in person

- ▶ Treat your MBA interview as crucial — it is
- ▶ You need honesty, confidence and preparation



**JOHN TATTRIE**  
FOR METRO CANADA

Students who land an interview for a university's master of business administration program may think that means they're in, but experts say they've just reached a critical test.

Kerri Regan, manager of recruitment and admissions for the Queen's MBA program, says about 70 per cent of applicants get an interview, but only a small portion of those are

accepted. "Just because you've got an interview doesn't mean you're in the program," she cautions.

To ace the interview, treat it like a major job interview. Turn up in top business attire (even if it's a Skype video call), shake hands firmly and make eye contact. Focus on what you can do for them (and for future employers), not what they can do for you.

"Part of the admissions process is determining someone's employability,"

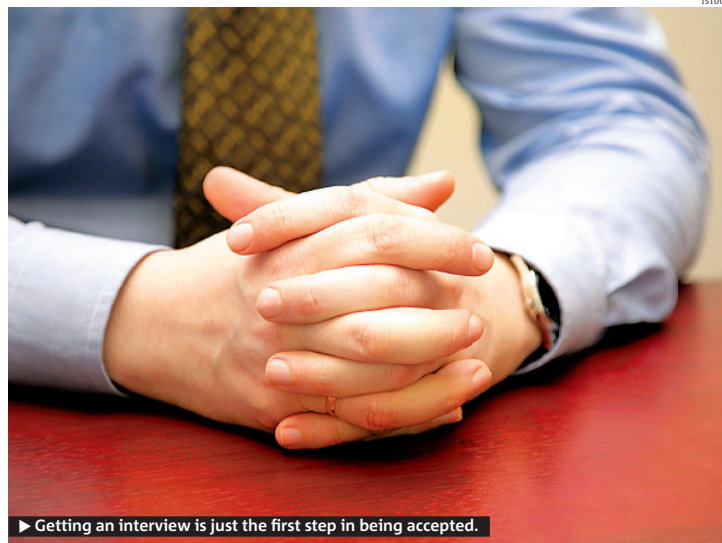
she explains.

Talk about your skills and the value you've extracted from your businesses experiences and how that can transfer to the classroom and boardroom beyond.

"If there are things about your application you would identify as red flags ... be prepared to address them," Regan says. "Candidates that have really stood out are the ones that have that level of self-awareness."

Scott Comber, director of Dalhousie University's Corporate Residency MBA, says the interviewers want concrete examples from your past that show why you're a good candidate.

"Give me three things you've done to develop yourself in the last year," he says as a sample question. "Tell me a time



▶ Getting an interview is just the first step in being accepted.

when you've really struggled academically."

They're not looking for excuses, but self-understanding. "We're actually looking for how they han-

dled it, how emotionally intelligent they are," he says.

The reputation of an MBA program rests largely on how well its graduates

do in the real world, so the admissions team must be convinced you will not only do well academically, but go on to thrive in business.

## Be ready

- ▶ Review your application and entrance essays before the interview.
- ▶ Rehearse multi-purpose examples from your work history.
- ▶ Ask a frank colleague for

your strengths and weaknesses.

- ▶ Be confident, open and honest with the interviewer.
- ▶ If facing a tough question, ask for time to gather your thoughts rather than blundering through.

## Graduate comments

What has your MBA done for you?



**Michelle Ernest**  
IMPLEMENTATION SPECIALIST,  
LULULEMON, VANCOUVER,  
DALHOUSIE UNIVERSITY  
MBA 2011

"The Corporate Residency MBA has taught me how to integrate what I learn and practice in the classroom into my everyday life. There need not be a separation between our personal lives and our careers when it comes to learning, challenging, inquiring and creating. I've learned the importance of leading from a place of authenticity, and how to integrate one concept across several levels. This, coupled with the ability to apply my learnings in a cross-functional environment, has positioned me exceptionally well for my career with lululemon."



**Jamie McGuigan**  
ASSOCIATE, SCOTIA CAPITAL,  
TORONTO,  
DALHOUSIE UNIVERSITY  
MBA 2011

"The Dalhousie Corporate Residency MBA gave me the tools and attitude to succeed in the real world. Having the chance to work for a great company like Scotiabank on my Corporate Residency really rounded out the program's innovative curriculum. I'm thrilled to take the next step in my career with Scotia Capital in Toronto after graduation."



**Dov Bercovici**  
CEO, DISCOVERY CENTRE,  
HALIFAX,  
DALHOUSIE  
UNIVERSITY MBA 1994

"My MBA led to a great job with the World Trade and Convention Centre, followed by a position as vice-president of operations at Acadia University in Wolfville, N.S. Today I am president and CEO of the Discovery Centre in Halifax, which plays a critical role in developing the next generation of scientists and innovators."

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4  
sports

## Quoted



**"It didn't matter for me if the Cavs were going to have a successful season or not."**

LEBRON JAMES WHEN ASKED ABOUT HIS FORMER TEAM, THE CLEVELAND CAVALIERS, BEFORE HIS MIAMI HEAT EXTENDED THE CAVS' LOSING STREAK TO 21 GAMES WITH A 117-90 WIN LAST NIGHT.

**"I felt like I was making the right choice for me as an individual and for my career. Like I said, I have nothing bad to say about the players that I left and the team."**



Scan code for more sports

# Snyder leaves Rainmen



► Kirk Snyder

Kirk Snyder's underwhelming stint with the Halifax Rainmen came to an end yesterday when the ex-NBA starter left the team to pursue another opportunity.

The six-foot-six small forward saw 28 minutes of floor time in three games with the Rainmen, recording six points and missing 14 of 16 shots. Snyder hadn't played pro basketball in almost two years because of legal problems.

Rainmen owner Andre

Levingston said Snyder has drawn "interest (from a team) in China for some substantial money" and that the 27-year-old is headed to Houston to train for the opportunity.

In other news, the Rainmen's opponent for Friday's home game will be the Quebec Kebs, 6-2, instead of the Dayton Air Strikers, 2-6. Levingston said the Premier Basketball League requested the change, but didn't give a reason.

● MATTHEW WUEST

# Adjusting to the bright lights

► Halifax's Fitzner-LeBlanc moving past humbling 2010 Brier experience



MATTHEW WUEST  
@METRONEWS.CA

Ian Fitzner-LeBlanc is no longer the unproven youngster at the Molson Cup Nova Scotia men's curling championship.

The 26-year-old Haligonian — a year removed from competing at the Tim Hortons Brier in his hometown — enters this year's event starting tomorrow at the Dartmouth Curling Club as the battle-tested defending champion.

"For us younger guys, it was an eye-opening experience," said Fitzner-LeBlanc of going 3-8 with a generally young team in his Brier debut at the Metro Centre last March.

"There was a lot of pressure involved. We

learned a lot from the players we played against and we learned a lot about preparing ourselves, mentally and physically."

Fitzner-LeBlanc, along with veteran third Stuart MacLean, second Kent Smith and lead Philip Crowell, are seeded first. The foursome has been focused on getting back to the Brier — this year in London, Ont., — and travelled to Quebec earlier in the season to compete on the World Curling Tour.

"It's hard to win the province, but it's harder to prepare to repeat winning the province," Fitzner-LeBlanc said. "We competed at larger-scale events and we hope that approach doesn't backfire on us. We're feeling pretty good about things."



► Ian Fitzner-LeBlanc, right, competes at last year's Tim Hortons Brier while Glenn Howard looks on.

# NHL all-star game draws nearly 2.4M

An average audience of 2.389-million viewers tuned in to the NHL all-star game Sunday as Team Lidstrom defeated Team Staal 11-10, the CBC said in a release yesterday.

Viewership of the game in Raleigh, N.C., peaked at 3.35 million late in the third period with Team Staal pressing for the tie.

Sunday's average ratings for the all-star game were

the network's best since 1999, when it drew 1.67-million viewers.

The introduction of a new measuring system in September 2009 has seen sports TV ratings skyrocket.

Meanwhile, CBC said Saturday night's skills competition drew an average audience of 2.446-million viewers. Friday night's draft averaged 1.5 million on TSN. **THE CANADIAN PRESS**

## Sports in brief

### Polamalu voted top defender

NFL Pittsburgh safety Troy Polamalu received 17 votes yesterday from a nationwide panel of 50 media members who cover the league, edging Green Bay linebacker Clay Matthews by two votes to win The Associated Press 2010 NFL Defensive Player of the Year award. **THE ASSOCIATED PRESS**

### Torres transfer sets precedent

EPL. Fernando Torres became the third most expensive player in soccer history when he joined Chelsea for a reported 50-million pounds (\$80.1 million) yesterday.

The striker signed a 5 ½-year contract in a move described by Liverpool as a British record. It is only bettered by Real Madrid's 2009 purchases of Cristiano Ronaldo and Ka- **KA. THE ASSOCIATED PRESS**

## QMJHL Standings

	W	L	S/O	P
SAINT JOHN	41	5	3	85
MONTREAL	35	9	7	77
QUEBEC	36	11	3	75
DRUMMOND	32	12	7	71
LEWISTON	33	16	2	68
BATHURST	33	16	1	67
GATINEAU	30	14	7	67
SHAW	30	14	3	63
MONCTON	26	18	6	58
VICO	27	20	4	58
P.E.I.	22	21	7	51
RIMOUSKI	24	25	2	50
CHICOUTIMI	18	22	10	46
VAL-D'OR	18	26	5	41
HALIFAX	16	31	3	35
CAPE BRETON	15	33	3	33
BAIE-COMEAU	7	37	9	23
R-NORANDA	9	37	4	22

### \*Upcoming Games

Wednesday

• Drummondville at Halifax, 7 p.m.

Saturday

• Saint John at Halifax, 7 p.m.

## MOOSEHEADS STATISTICS

	GP	G	A	P	IM
CARL GELINAS	50	21	23	44	16
MARTIN FRK	44	14	24	38	51
DARCY ASHLEY	49	16	19	35	42
CHARLES BETY	48	19	12	31	49
B. ANDREWS	50	11	12	23	22
PASCAL AMYOT	49	3	18	21	29
K.ABELTSHAUSER	42	6	14	20	28
LUCA CIAMPINI	32	8	10	18	10
TRAVIS RANDELL	50	6	10	16	10
M. BOUDREAU	38	6	7	13	2
GERRAD GRANT	43	4	8	12	58
TREY LEWIS	44	4	8	12	57
STEVE GILLARD	49	0	12	12	35
ALEX SOULIGNY	37	4	7	11	16
ALEX LEMIEUX	34	3	8	11	69
F. TURBIDE	46	6	4	10	10
ANDREW RYAN	34	5	2	7	27
S. DESMARAIS	35	2	5	7	50
GARRET CLARKE	18	1	5	6	53
G. DESJARDINS	28	4	1	5	21
SAWYER HANNAY	41	0	5	5	124
A. GOULET	40	1	1	2	10

### GOALTENDERS

	GP	GAA	SV%
FREDERIC PICHE	27	2.91	.898
ANTHONY TERENCE	27	3.80	.872

## PBL Standings

	W	L	Pct	GB
L-FORT SILL	6	1	.857	—
HALIFAX	6	2	.750	0.5
QUEBEC	6	2	.750	0.5
KENTUCKY	4	5	.444	3.0
SAINT JOHN	2	4	.333	3.5
ROCHESTER	2	5	.286	4.0
DAYTON	2	6	.250	4.5
*VERMONT	2	5	.286	N/A

\*Franchise folded Jan. 25

Friday

• Quebec at Halifax, 7 p.m.

## RAINMEN SCORING

	GP	AVG
TALIEK BROWN	8	16.1
MIKE MERCER	8	14.6
MARSHALL BROWN	7	14.0
KAVON JONES	7	13.8
JOSH DOLLARD	8	13.6
DESMOND FERGUSON	5	12.2
*TOMMY MITCHELL	3	11.6
JAMES JACKSON	5	10.6
ERIC CROOKSHANK	6	10.3
TAJUAN PORTER	8	6.2
JULIAN ALLEN	2	4.5
*CALVIN BROWN	1	4.0
*KIRK SNYDER	3	2.0
*ALAN VOSKUIL	2	1.5
*MARQUESS GAINOUS	1	0.0

\*No longer with team



## Losing streak hits 12 for Raps

104 93

PACERS

RAPTORS

Roy Hibbert had 24 points and 11 rebounds to help Indiana beat the Toronto Raptors 104-93 last night in Frank Vogel's debut as Pacers interim coach.

The 37-year-old Vogel replaced Jim O'Brien, who was fired Sunday. Vogel said he would allow Hibbert to play through his mistakes, and the seven-foot-two centre rewarded his new coach with his highest-scoring game since Nov. 28.

Darren Collison and Paul George scored 16 points and Tyler Hansbrough added 14 as the Pacers extended Toronto's losing streak to 12 games. The Raptors gave up 100 or more points for the eighth straight contest.

Amir Johnson led Toronto with 18 points, and Jose Calderon and Ed Davis added 13. Andrea Bargnani, Toronto's leading scorer this season, finished with 12 points on 3-for-15 shooting.

THE ASSOCIATED PRESS

## Hamilton council backs plan for stadium

Hamilton city council has voted unanimously in favour of a plan to renovate Ivor Wynne Stadium for the 2015 Pan American Games.

The proposal now goes to the Pan Am Games organizing committee for approval.

The afternoon vote came a day after the Ontario government stepped in with about \$22.5 million to cover a funding gap in the \$152-million project.

The renovation involves the complete reconstruction of 15,000 seats in the south stands at Ivor Wynne, along with a 10,000-seat renovation in the north stands.

Hamilton's share is about \$54 million and the stadium will serve as the new home for the CFL's Tiger-Cats.

THE CANADIAN PRESS

# Lone Star state of mind

► Packers, Steelers embrace Texas trappings as they land in Dallas



► Hines Ward of the Pittsburgh Steelers talks with media yesterday at the Omni Fort Worth Hotel.

Video cameras and cowboy hats were in style as the Pittsburgh Steelers and Green Bay Packers arrived yesterday at the Super Bowl.

With dozens of fans chanting "Go Pack Go" as the players walked off team buses, the Packers witnessed Super Bowl frenzy for the first time in 13 years.

A few of them wore cowboy hats, but none went as far as Steelers veteran receiver Hines Ward. He took the True Grit

route, decked out in cowboy hat, shirt, belt buckle and jeans.

Steelers quarterback Ben Roethlisberger held his cellphone high, taking photos of the six-deep pack of reporters at his podium.

"Just taking it in stride, enjoying this opportunity regardless of what comes or how it comes," Roethlisberger said. "Take it all in."

Taking it all in were the big guys who block for him. They paid tribute to tackle Flozell Adams, who spent a dozen seasons as a

"I'm in Dallas, Texas. I wanted to put on my whole cowboy outfit and enjoy it."

HINES WARD, PITTSBURGH STEELERS

Dallas Cowboy before joining this Pittsburgh team, by wearing his No. 76 Michigan State shirt as they deplaned.

There were plenty of fans in black and gold outside the Steelers' hotel, but they were far outnumbered at the Packers' hotel

in Irving a few hours later when the NFC champions pulled in.

Maybe that has something to do with Pittsburgh making its third Super Bowl appearance in six years. Not that the players are blasé about it.

"It's always exciting for the opportunity to close up the season by playing in the Super Bowl," Roethlisberger said. "I don't think you ever get tired of this, so take as much video and pictures as you can."

THE ASSOCIATED PRESS

## Raonic gets big bump in rankings

Canadian Milos Raonic, one of the major stories of the Australian Open, has rocketed 58 places to No. 94 in the ATP rankings released yesterday.

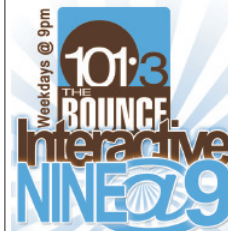
The Thornhill, Ont., native made it to the fourth round in Melbourne before losing 4-6, 6-2, 6-3, 6-4 to seventh-seeded David Ferrer of Spain.

The six-foot-five 20-year-old with the booming serve downed Bjorn Phau in the first round, surprised No. 22 Michael Llodra in the second round and stunned No. 10 Mikhail Youzhny in the third round.

The top five remained the same with Rafael Nadal at No. 1, followed by Roger Federer, Australian Open winner Novak Djokovic, Robin Soderling and Andy Murray.

Vancouver's Rebecca Marino cracked the WTA's top 100, jumping 20 places to No. 84.

THE CANADIAN PRESS



For January 31st

Wiz Khalifa - Black &amp; Yellow

Pink - Perfect

Tajio Cruz ft Kylie Minogue - Higher

Edward Maya ft Mia Martina - Stereo Love

Diddy-Dirty \$\$ ft Skylar Gray - Coming Home

Chris Brown - Yeah 3x

Bruno Mars - Grenade

Britney Spears - Hold It Against Me

Avril Lavigne - What The Hell

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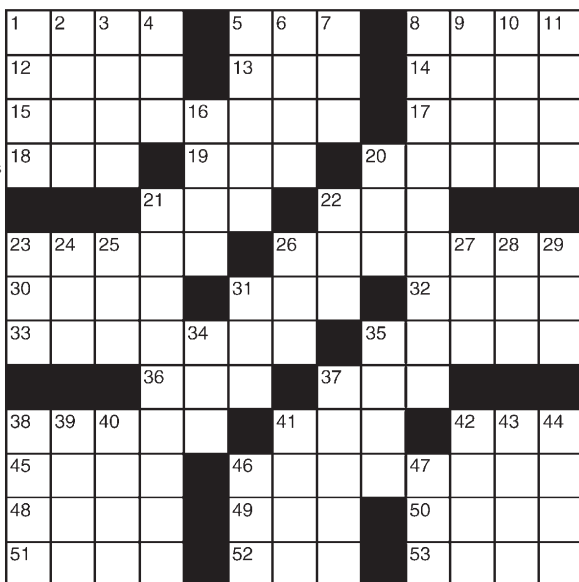
## Crossword

## Across

1 Uncomplicated  
5 Spring mo.  
8 Malay prince  
12 Albacore, e.g.  
13 Tall tale  
14 Unendingly  
15 Made into a ball, as paper  
17 Appear  
18 Crone  
19 Succor  
20 Dwight's predecessor  
21 Sermon subject  
22 Kipling lad  
23 Become established  
26 Having dents, as a golf ball  
30 Mosque VIP  
31 Enjoyment  
32 Turner of Hollywood  
33 In need of ironing  
35 Rushmore figure  
36 Depressed  
37 Foundation  
38 Paint ingredient  
41 Raw rock  
42 Fuss  
45 Settled down  
46 Trod on  
48 Director Premiering  
49 Pale  
50 Scandinavian city  
51 Any day now  
52 Antiquated  
53 Active one

## Down

1 Engrave  
2 Atmosphere  
3 Like a bug in a rug  
4 Sweet potato

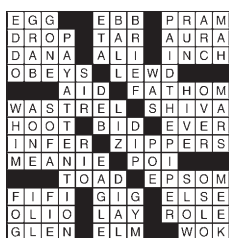


5 Exhausted  
6 The — Piper  
7 Scarlet  
8 Tasted again  
9 State with certainty  
10 Razz  
11 Group of soldiers  
16 Analgesic's target  
20 That guy  
21 Fool  
22 Family  
23 Round Table address  
24 Ostrich's cousin  
25 Highlander's hat  
26 Flop

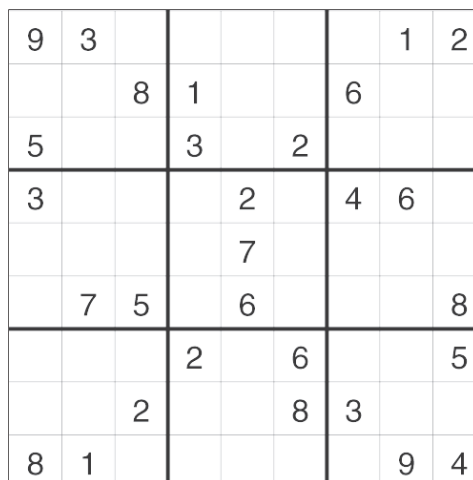
27 Young fellow  
28 Conclusion  
29 24 hours  
31 Not many  
34 Bagel topping  
35 Abound  
37 Stigmatize  
38 Neighbor of Cambodia  
39 Choir member  
40 Puente of mambo music  
41 Exam format  
42 As well  
43 Drop a letter?  
44 Smell

46 Pair  
47 Pea holder

## Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's answer

1	9	3	8	5	4	6	7	2
8	2	7	3	6	1	4	5	9
4	6	5	9	2	7	1	8	3
2	7	4	6	1	3	5	9	8
3	1	6	5	8	9	2	4	7
9	5	8	4	7	2	3	6	1
5	4	9	2	3	8	7	1	6
7	8	2	1	4	6	9	3	5
6	3	1	7	9	5	8	2	4

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

Dear JE, I can't believe my dream came true and that we're finally together. I've been waiting for this day since the first time we met. I'll never forget that day and can't wait to spend the rest of our lives together. I love you... SARAH BELLUM

Happy Birthday J.C. I hope you have a birthday as amazing as you are. You truthfully complete me. Can't wait to see you! UR SNUGGLE BUNNY XOXOXO'S <3

Coral, we are so proud of you.. You're an amazing mommy. Thank you for mahaya.. LOVE MOM AND MARK

Natalee, Have I told you today how much I love you? SCOTT

Babuuu, wanted to thank you for always being so understanding and supportive of everything I do. TIMI TAM

## Today's horoscope

**♈ Aries** March 21-April 20 You may be desperate to show what you can do, but don't be so reckless that you do something silly and make a fool of yourself. Please, stick to what you know best.

**♉ Taurus** April 21-May 21 Raise your sights high and believe that you can create something meaningful. Others may try to persuade you to use your talents to make serious money, but it's the sense of achievement that drives you.

**♊ Gemini** May 22-June 21 You don't need to alter anything — your life is perfect just as it is. Why tamper with methods and routines that have done well for you in the past? Why interfere with what works?

**♋ Cancer** June 22-July 22 Your instincts may not be as reliable as they usually are today, so think twice before making changes. You can, however, rely on friends and relatives to give you good advice.

**♌ Leo** July 23-Aug. 23 Someone you work with will fall out of favour today, but don't feel too sorry for him or her because if your roles were to be reversed her or she would not care about you.

**♍ Virgo** Aug. 24-Sept. 22 Push your luck a bit today. By all means, believe that great things are possible. Friends, colleagues and even your boss will be jealous of your popularity. They will be more jealous that you're so modest about it.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23 You must not agree to do anything that goes against your principles. You may not think much of it, but you won't be able to live with yourself when you see the consequences.

**♏ Scorpio** Oct. 24-Nov. 22 No one in his or her right mind would get in the way of a Scorpio in a hurry, but a friend will do everything to block your path today. Maybe it's because he or she fears for your safety.

**♐ Sagittarius** Nov. 23-Dec. 21 People may want to make you feel bad by pointing out your failures, but no one is perfect. The fact that you got something wrong is evidence that you took a chance and made an effort.

**♑ Capricorn** Dec. 22-Jan. 20 You can expect some kind of windfall over the next few days, but it may not be of a purely financial nature. You will be as lucky in love.

**♒ Aquarius** Jan. 21-Feb. 18 The more you want to do things one way, the more friends and relatives want to do things another way. Just this once, let them win. You won't lose by allowing them to call the shots for a change.

**♓ Pisces** Feb. 19-March 20 You may be tempted to get angry with someone who has let you down but what's the point? If you think about it for a moment, you will realize you didn't lose anything of value. Let it go. SALLY BROMPTON

## Caption contest



CHRIS LEVIE

## You write it!

Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



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# AIR CANADA VACATIONS


## Deals of the week



Use your mobile application

### CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS

#### DOMINICAN REPUBLIC | Puerto Plata

Bahia Principe San Juan  **PRIVILEGES**  
All-Inclusive • Standard rm. • Mar. 16 • 1 wk.

**\$799**

+Taxes & other fees: \$170


#### DOMINICAN REPUBLIC | Samana

Gran Bahia Principe El Portillo  **PRIVILEGES**  
All-Inclusive • Standard rm. • Feb. 10 & 24 • 1 wk.

**\$1199**

+Taxes & other fees: \$170

#### DOMINICAN REPUBLIC | Punta Cana

Gran Bahia Principe Punta Cana  **PRIVILEGES**  
All-Inclusive • Junior suite • Mar. 19 & 26 • 1 wk.

**\$1489**

+Taxes & other fees: \$170


#### CUBA | Cayo Coco/Cayo Guillermo

TRYP Cayo Coco  **PRIVILEGES**  
All-Inclusive • Standard rm. • Mar. 19 & 26 • 1 wk.

**\$1099**

+Taxes & other fees: \$155


#### CUBA | Varadero

Sirenis La Salina Varadero Beach Resort  **PRIVILEGES**  
All-Inclusive • Standard rm. • Feb. 25 & Mar. 25 • 1 wk.

**\$1139**

+Taxes & other fees: \$155

#### CUBA | Holguin

Sirenis Playa Turquesa  **PRIVILEGES**  
All-Inclusive • Superior rm. • Feb. 26, Mar. 19 & 26 • 1 wk.

**\$1139**

+Taxes & other fees: \$155


#### GRENADA via Toronto

The Flamboyant Hotel & Villas  **PRIVILEGES**  
All-Inclusive • Standard rm. • Feb. 26 & Mar. 5 • 1 wk.

**\$1939**

+Taxes & other fees: \$210


#### BAHAMAS | Nassau via Toronto

Sheraton Nassau Beach Resort  **PRIVILEGES**  
Resort view rm. • Mar. 21 • 4 nts. • **\$300 INSTANT AIR CREDIT**<sup>†</sup>

**\$1059**

+Taxes & other fees: \$142


#### MEXICO | Cancun/Riviera Maya via Montreal

Occidental Grand Xcaret  **PRIVILEGES**  
All-Inclusive • Deluxe rm. • Apr. 10 • 1 wk.

**\$1139**

+Taxes & other fees: \$245


#### MEXICO | Cancun/Riviera Maya via Montreal

Gran Bahia Principe Tulum  **PRIVILEGES**  
All-Inclusive • Standard rm. • Apr. 10 • 1 wk.

**\$1399**

+Taxes & other fees: \$245


#### MEXICO | Puerto Vallarta/Riviera Nayarit via Toronto

Golden Crown Paradise  **PRIVILEGES**  
All-Inclusive • Oceanview rm. • Mar. 5 - 19 • 1 wk.

**\$1579**

+Taxes & other fees: \$156  
Please add \$85 for Sat. & Sun. departures

#### JAMAICA

Sunset Jamaica Grande Resort & Spa  **PRIVILEGES**  
All-Inclusive • Traditional standard rm. • Mar. 7 & 14 • 1 wk.

**\$1249**

+Taxes & other fees: \$98


#### JAMAICA

Gran Bahia Principe Jamaica  **PRIVILEGES**  
All-Inclusive • Junior suite • Mar. 7 & 14 • 1 wk.

**\$1699**

+Taxes & other fees: \$98

#### ARUBA via Toronto


Occidental Grand Aruba  **PRIVILEGES**  
All-Inclusive • Deluxe rm. • Mar. 6 & 20 • 1 wk.

**\$2349**

+Taxes & other fees: \$182

### MAJESTIC RESORTS | AIR, HOTEL & TRANSFERS

#### DOMINICAN REPUBLIC | Punta Cana

Majestic Elegance Punta Cana  **PRIVILEGES**  
All-Inclusive • Junior suite with Jacuzzi • Mar. 19 & 26 • 1 wk.

**\$1519**

+Taxes & other fees: \$170

#### DOMINICAN REPUBLIC | Punta Cana

Majestic Colonial Punta Cana  **PRIVILEGES**  
All-Inclusive • Junior suite standard with Jacuzzi • Mar. 19 & 26 • 1 wk.

**\$1599**


+Taxes & other fees: \$170



Majestic Colonial Punta Cana

### USA | AIR & HOTEL • 3 NIGHTS


#### MASSACHUSETTS | Boston

Royal Sonesta Hotel Boston  **PRIVILEGES**  
Double or twin Cambridge view rm. • Mar. 1, 2, 5 - 7

**\$449**

+Taxes & other fees: \$114

#### NEVADA | Las Vegas

Circus Circus Hotel & Casino  **PRIVILEGES**  
Hotel - tower rm. • Apr. 24

**\$639**


+Taxes & other fees: \$133

### EUROPE | TWO-CITY COMBO • AIR, RAIL & HOTEL • 6 NIGHTS


- Flights from Halifax to London and from Paris to Halifax via Montreal or Toronto
- Complimentary transfers and access to Maple Leaf<sup>TM</sup> Lounge<sup>2</sup>.
- Economy rail tickets between London and Paris
- Breakfast daily



#### ENGLAND | London

Barkston Gardens  **PRIVILEGES**  
Standard rm.  
Mar. 22 • 3 nts.

#### FRANCE | Paris

Hotel Cervantes Paris  **PRIVILEGES**  
Standard rm.  
3 nts.

**\$1049**

+Taxes & other fees: \$387

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**IN CHROME ACCESSORIES\***  
(ON MOST SILVERADO 1500s)

**IN OPTIONS & ACCESSORIES\*\***

**PLUS**  
UP TO

**UP TO**

UP TO  
**\$7,500**  
CASH CREDITS\*

## CASH CREDITS†

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